

CLAIMS

1. A composition for suppressing or ameliorating a symptom accompanying diminished homeostasis, comprising
5 theanine.

2. The composition according to claim 1, wherein the symptom accompanying diminished homeostasis is one or more selected from the group consisting of obesity, anxiogenic symptoms, premenstrual syndrome, sensitivity to cold, menopausal disorders, sleep disorders and autonomic imbalance.
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3. The composition according to claim 1 or 2, wherein the composition is a food composition or a pharmaceutical composition.
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4. The composition according to any one of claims 1 to 3, further comprising a mineral.
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5. The composition according to claim 4, wherein the mineral is one or more selected from the group consisting of iron, magnesium, copper, zinc, selenium, calcium, potassium, manganese, chromium, iodine, molybdenum, nickel, vanadium, and salts thereof.
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6. A mineral composition comprising theanine and a mineral.

7. The mineral composition according to claim 6, wherein
5 the mineral is one or more selected from the group
consisting of iron, magnesium, copper, zinc, selenium,
calcium, potassium, manganese, chromium, iodine,
molybdenum, nickel, vanadium, and salts thereof.

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